

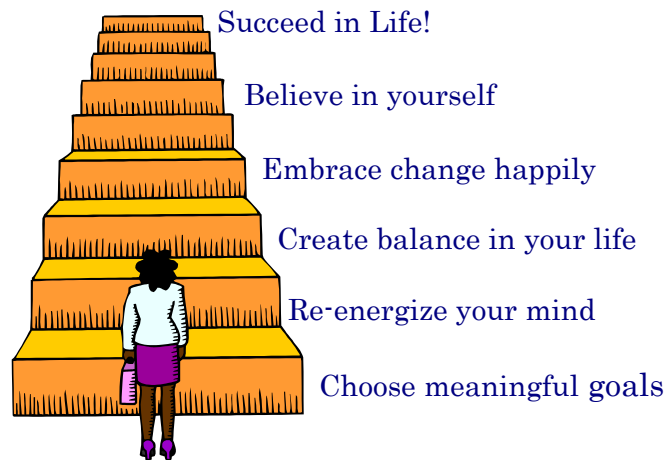
Whatever the struggle, continue the climb  
It may be only one step to the summit.  
- Diane Westlake

# 26th Annual Training Program

Sponsored by the  
Space Coast Chapter, Federally Employed Women  
in Partnership with the  
NASA-KSC Federal Women's Program Working Group

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## Challenge Yourself in a Changing World



March 2, 2005  
Repeated on  
March 3, 2005  
at the Holiday Inn, Cocoa Beach, Florida

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*Don't miss this exciting conference filled with  
career-boosting insights and knowledge for  
attendees of all ages.*

# 2005 FEW Training Seminar

## Schedule of Events

- 8:00 a.m. – 4:00 p.m.**      **EXHIBITS**
- 8:00 a.m. – 9:00 a.m.**      **REGISTRATION**  
*Continental Breakfast*
- 9:00 a.m. – 9:45 a.m.**      **OPENING SESSION**      **(Main Ballroom-downstairs)**
- Welcome – Vickie Hall, Seminar Chair
- ROTC Color Guard – Presentation of the Colors
- Welcome – Dawn Partlow, President of FEW,  
Space Coast Chapter
- Keynote Speaker: Martha Ackmann, Author of “The Mercury 13” and Teacher in the Women’s Studies Program at Mount Holyoke College
- 10:00 a.m. – 12:15 p.m.**      **MORNING SESSION** (*Select one of the workshops listed below*)
- A. “Where Are They? I’m Their Leader!”*
- B. “Identity Theft and Personal Crime Prevention”*
- C. “The Link Between Perceptions and Performance”*
- D. “Women and Health Care: Knowledge is Power”*
- 12:30 p.m. – 1:30 p.m.**      **NETWORKING LUNCHEON** (Main Ballroom - downstairs)
- 1:45 p.m. – 4:00 p.m.**      **AFTERNOON SESSION**  
(*Sessions repeated from morning, please select a different workshop.*)

## KEYNOTE SPEAKER – 9:00 a.m.

Martha Ackmann is the author of “The Mercury 13: The True Story of Thirteen Women and the Dream of Space Flight” (Random House) which was just released in paperback. The book has been a best seller, was named one of the top 50 books of the year by BookMarks magazine and has been optioned for a made-for-TV-movie. Ackmann has appeared on the “Today” show, CNN, BBC, the Voice of America and many other media outlets. She is a commentator for National Public Radio and teaches in the Women’s Studies Program at Mount Holyoke College. She is the recipient of the Amelia Earhart Research Award for her book on the Mercury 13. Her book also was recently awarded the media prize from the American Institute of Aeronautics and Astronautics.

## WORKSHOP AND TRAINER DESCRIPTIONS

### MORNING SESSION: 10:00 a.m. – 12:15 p.m.

- A. **Where Are They? I’m Their Leader – Dr. Miriam (Mimi) Hull – Orlando, FL** - Margaret Mead once said *“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has.”* Organizations need leaders and leaders need skills. In other words, this workshop dispels the myth that “leaders are born, not made.” In this program, participants will explore and learn the skills that make a great leader in general, and a great organizational leader, in particular. This upbeat, participatory program is presented in an interactive way where participants become part of the process and learn by doing. Tasteful humor throughout adds to the atmosphere of being motivating and inspiring. The underlying assumption is that people support what they help create and, with the appropriate facilitator, good leadership practices can be developed, practiced and integrated into one’s repertoire.
- B. **Identity Theft and Personal Crime Prevention – Metro Crime Prevention of Florida** – Metro Crime Prevention’s mission is to achieve a heightened awareness by the public of the current criminal threat facing everyone in today’s society. They will help others to recognize potential danger when it exists, teach strategies for avoidance and introduce non-lethal techniques for defense and survival. By adopting a sensible anti-crime approach to these issues, participants can realize a significant risk reduction. Personal protection begins with personal responsibility and a proactive approach to the issues of crime and violence. Saving lives, preventing personal injury and/or property loss is their goal.

- C. **Women and Health Care: Knowledge is Power** - Alice Spinelli (MSN, ARNP), Sharon Levasseur (MSN, ARNP-C), Barbara Hiser (MBA-HA, RNBC), and Shawna Philbin (RN, BSN, CWOCN), Health First, Associates of Holmes Regional Medical Center - This presentation focuses on health care issues of women throughout all life stages. Topics of discussion will include heart disease, osteoporosis and cancer. The Women's Health Initiative on Hormone Replacement Therapy will also be discussed.
- D. **The Link Between Perceptions and Performance** - Mary Jones, Augusta, GA - The Perception Process is the procedure by which we try to gather and interpret information about the environment that surrounds us. Perceptions stem from feedback about ourselves and others based on our experiences. Though not always a true picture of reality, we behave as though our perceptions are real. With the use of the video, *Eye of The Storm*, participants become a part of the blue-eyed-brown-eyed exercise. Vicariously, they live the experience and learn the impact of racism, majority-minority relations and other diversity topics. The goal is to encourage and support people to "take the risk" to look at themselves honestly and to challenge them to examine their own behavior toward those who are different.

**AFTERNOON SESSION: 1:45 p.m. - 4:00 p.m.**

*Repeat of Morning Workshops - select your second workshop from those offered above.*

## ***GENERAL INFORMATION***

### ***Name Badges***

All seminar participants are requested to wear their name badges. Space Coast Chapter FEW members working at the seminar can be identified by colored ribbons hanging from their name badges. If you need assistance, please look for one of them.

### ***Messages***

A message board will be set up in the hotel lobby. You can check for messages there. However, if an emergency message comes in, every effort will be made to locate you. The number for the Holiday Inn in Cocoa Beach is 321-783-2271.

### ***Smoking***

Smoking is prohibited inside the hotel during the seminar

### ***Exhibits***

Don't miss the exhibits located on the 2<sup>nd</sup> floor in the Bird rooms. See the Schedule of Events for times.

### ***Restrooms***

Restrooms are located upstairs near the meeting rooms, across the walkway. They are also located downstairs off the lobby. There are no scheduled breaks during the workshops. If you need to leave during the programs, please feel free to do so and return quietly.

### ***And Remember.....***

- ☐ Bring a sweater or jacket to ensure your comfort
- ☐ No audio or video recording, please

### ***FEW Membership Table: Attention Non-Members***

You can benefit from the programs and activities of FEW for 365 days a year by belonging to the organization that is sponsoring this seminar – Space Coast Chapter of Federally Employed Women (FEW). For further information, visit the Membership Desk located outside the meeting rooms. Membership is open to ALL – women and men, civil service and contractor employees, public and private sector.

## *How to Register*

Send a completed registration form for each attendee with Registration information and full payment or purchase order information. For multiple attendees use the last sheet with Registration information and full payment or purchase order information. In order to return a confirmation of enrollment, *Training Contact information must be included on the registration form and forms must be in by February 23, 2005.*

Return Form with payment/purchase order via one of these methods: Internal Kennedy Space Center mail to SGS-164/Dawn Partlow or VA-1/Becky Fasulo *Or* postal mail to Federally Employed Women, Inc., Attn: 2005 Seminar Registration, P.O. Box 21201, KSC, FL 32815 *OR* FAX to 321-861-8895, *Or* email to either [kbiega@bellsouth.net](mailto:kbiega@bellsouth.net). *or* [JeanGrenville@aol.com](mailto:JeanGrenville@aol.com).

A vegetarian meal will be available if requested in advance on the registration form.

For additional information, contact Registration Committee Co-Chairs, Karin Biega, 453-3662 or Jean Grenville, 453-0226

## *Tuition*

\$80 per participant includes the keynote speaker, choice of two workshops, a complimentary continental breakfast and a networking luncheon.

## *Substitutions and Cancellations*

Substitutions may be made at any time — contact Karin Biega or Jean Grenville.

### Cancellation Policy:

A full refund will be extended for cancellations received in writing and postmarked by **February 18, 2005**. No refunds will be granted for requests received after **February 18, 2005**. Cancellations must be mailed, faxed or e-mailed to: FAX 321-861-8895, e-mail [kbiega@bellsouth.net](mailto:kbiega@bellsouth.net), [jeangrenville@aol.com](mailto:jeangrenville@aol.com), or mail to:

FEW ATP  
P.O. Box 20201  
Kennedy Space Center, FL 32955

# REGISTRATION FORM

(Photocopies are acceptable)

## Registrant Information

Registrant Information	
Name:	Phone Number:
Mail Code:	Fax Number:

**I will attend on the following day: (Circle Choice)**

Wednesday, March 2, 2005      **or**      Thursday, March 3, 2005

## WORKSHOPS AND TRAINERS:

- A. "Where Are They? I'm Their Leader!"
- B. "Identity Theft and Personal Crime Prevention"
- C. "The Link Between Perceptions and Performance"
- D. "Women and Health Care: Knowledge is Power"

**WORKSHOP SELECTIONS:** (Select one for morning session and a different one for afternoon session)

Morning Session (Circle Choice):            A            B            C            D

Afternoon Session (Circle Choice):            A            B            C            D

**MEAL OPTION:** I request the vegetarian meal option for lunch ☐ Yes ☐ No

### Agency/Company & Training Contact Information

Agency or Company Name:	Training Coordinator and Mail Code :
Billing Address: Street: City, State, Zip:	Training Coordinator Phone # (work):
Training Coordinator's E-mail Address:	Training Coordinator Fax #:

## METHOD OF PAYMENT

Total Amount Due: \$80 x  = \$  (If you have more than one person attending with the same form of payment, please attach the Multiple Registrant's Registration Form)

Please check one:

- ☐ Cash or Check # , payable to FEW
- ☐ Purchase Order attached, PO #
- ☐ Charge to the following Credit Card: **VISA or Master Card only** Zip Code for Card

															M		Y
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Card Type				Account Number								Expiration Date					

Card Holder's Name & Fax # [please print]

Card Holder's Signature

## REGISTRATION FORM FOR MULTIPLE REGISTRANTS With Same Payment Type

- ☐ Cash or Check # , payable to FEW  
☐ Purchase Order attached, PO #   
☐ Charge to the following Credit Card: **VISA or Master Card only** Zip Code for Card

### **Credit Card Information**

[illegible]

Card Type	Account Number
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Card Holder's Name and Fax # [please print]

Signature

Expiration Date

Card Holder's

### Agency/Company & Training Contact Information

Agency or Company Name:	Training Coordinator and Mail Code :
Billing Address: Street: City, State, Zip:	Training Coordinator Phone # (work):
Training Coordinator's E-mail Address:	Training Coordinator Fax #:

## Attendees and Selections

[illegible]



